CONNECT & PROTECT

Apple Watch
your easy guide to parental controls

C spire

What you'll need: A good WiFi connection, your C Spire account username and password, your iPhone, and your kid's Apple Watch.

1. Set up your kid's Apple Watch

- Place your iPhone next to your kid's Watch
- Open your iPhone's Watch app and tap "*Set Up for a Family Member*"
- Scan the Apple Watch face with your iPhone camera
- Select their Watch preferences and passcode
- On your kid's Watch, enter the passcode

2. Create your kid's Apple ID

- Select "*Create New Apple ID*" or use your kid's existing one
- Enter your kid's info and tap "*Verify You're an Adult*"
- Tap to enter a new card or provide the CVV for your existing payment method
- Create an email address for their Apple ID or use an existing one

3. Activate your kid's Watch services

- Turn on **Ask to Buy** and **Share Location**
- Tap "*Set Up Cellular*," enter your C Spire account info, and tap "*Activate a New Watch*"

Need help fiding your username and password? Go to ***cspire.com****, tap Sign In and "Forgot Username or Password," or "Create an Account" if you don't have one.*

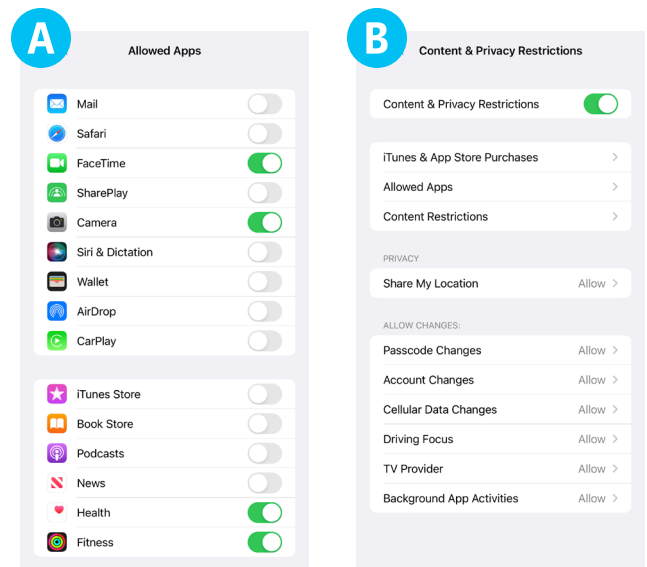## 4. Modify your kid's Watch features

- Set up *location services*, *iMessage, health information*, *emergency contact* and other preferences

5. Set up Contacts and Screen Time

- Add important contacts and share with their Watch
- Enter a Screen Time passcode to manage parental controls
- Turn on **Schooltime** and enter their schedule
- Select their Watch app view

6. Adjust other Screen Time settings

- Go to the Watch app, select **Screen Time**, and tap "*Screen Time Settings*"
- Select **Content & Privacy Restrictions**, toggle them on, and enter your Screen Time password
- Tap **Allowed Apps** and set your restrictions to match our recommendations (see picture A)
- Tap **Back**, select **Content Restrictions**, and set your restrictions to match our recommendations (see picture B)

A — Allowed Apps

App	
Mail	off
Safari	off
FaceTime	on
SharePlay	off
Camera	on
Siri & Dictation	off
Wallet	off
AirDrop	off
CarPlay	off
iTunes Store	off
Book Store	off
Podcasts	off
News	off
Health	on
Fitness	on

B — Content & Privacy Restrictions

Content & Privacy Restrictions	on
iTunes & App Store Purchases	>
Allowed Apps	>
Content Restrictions	>
PRIVACY	
Share My Location	Allow >
ALLOW CHANGES:	
Passcode Changes	Allow >
Account Changes	Allow >
Cellular Data Changes	Allow >
Driving Focus	Allow >
TV Provider	Allow >
Background App Activities	Allow >

- Tap **Back** twice, select **Communication Safety**, and toggle on "*Check for Sensitive Photos*"
- Tap **Back**, select **Downtime**, toggle on "*Scheduled*" and "*Block at Downtime*," and set your kid's screen downtime schedule

Interested in learning more ways to keep your kids protected online?
Check out our Parent Resources Hub at **cspire.com/ParentResources**